

Practice Corner

Rewire Your Inner Camera

A Fourteen Day Female Gaze Protocol for Self Love

Your intention for these two weeks

Paste a photo that feels kind

Start date

Your signature or promise



Daily flow

Mood meter ○ ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Choose a calm fifteen minute window that you can keep most days

Begin with ten slow breaths then do the practice and write a few lines

Photo steps are optional use them only when you feel safe

Keep images that show real life and allow context to stay in frame

I picked my time

I turned off strong beauty filters

I will keep images that tell the story of my life

Paste image or note

Why this helps

Self compassion supports body appreciation and eases shame

Interoception brings you back to a felt sense of self

Caring design of your feed reduces comparison pressure

One way I will train interoception

One change I will make to my feed today

Day 1 Baseline and a promise you will keep

Mood meter ○ ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Meet your reflection for thirty seconds and notice first thoughts

Place one hand on chest and one on belly and breathe until shoulders drop

Write the promise you will keep for two weeks

Affirmation today

- Arrival breath done
- Practice done
- Journal entry written
- Optional photo done

Paste image or note

Day 2 Feel before you decide

Mood meter ○ ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Name three sensations before any interpretation

Optional take one soft light portrait and focus on feeling

Affirmation today

- Arrival breath done
- Practice done
- Journal entry written
- Optional photo done

Paste image or note

Day 3 Attention training and restful gaze

Mood meter ○ ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Choose a neutral detail and let attention dwell there

Notice how breath and gaze move together

Affirmation today

- Arrival breath done
- Practice done
- Journal entry written
- Optional photo done

Paste image or note

Day 4 Language as lighting

Mood meter ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Replace harsh phrases with kind precise sentences spoken aloud

Affirmation today

Arrival breath done

Practice done

Journal entry written

Optional photo done

Paste image or note

Day 5 Compassionate retakes

Mood meter ○ ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Keep a tough image then take two gentle retakes at eye level near a window

Affirmation today

- Arrival breath done
- Practice done
- Journal entry written
- Optional photo done

Paste image or note

Day 6 RAIN sequence

Mood meter ○ ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Recognize Allow Investigate Nurture rehearse the steps while calm

Affirmation today

Arrival breath done

Practice done

Journal entry written

Optional photo done

Paste image or note

Day 7 The context crop

Mood meter ○ ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Include one life detail that names who you are becoming

Affirmation today

- Arrival breath done
- Practice done
- Journal entry written
- Optional photo done

Paste image or note

Day 8 Feed gardening

Mood meter ○ ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Mute and unfollow what agitates shame

Follow creators who celebrate function diversity and process

Affirmation today

Arrival breath done

Practice done

Journal entry written

Optional photo done

Paste image or note

Day 9 Movement for your side

Mood meter ○ ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Move for ten minutes and rest attention on sensation

Affirmation today

- Arrival breath done
- Practice done
- Journal entry written
- Optional photo done

Paste image or note

Day 10 Image boundaries

Mood meter ○ ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Write the image rules you consent to and share with a trusted person

Affirmation today

- Arrival breath done
- Practice done
- Journal entry written
- Optional photo done

Paste image or note

Day 11 A letter to your future self

Mood meter ○ ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Write a short letter then take a simple portrait as correspondence

Affirmation today

- Arrival breath done
- Practice done
- Journal entry written
- Optional photo done

Paste image or note

Day 12 Consent and community

Mood meter ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Invite one trusted person to reflect something beyond appearance

Affirmation today

Arrival breath done

Practice done

Journal entry written

Optional photo done

Paste image or note

Day 13 Ritualize the minutes

Mood meter ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Design tiny morning and evening rituals that survive busy days

Affirmation today

- Arrival breath done
- Practice done
- Journal entry written
- Optional photo done

Paste image or note

Day 14 Integration and next steps

Mood meter ○ ○ ○ ○ ○ ○ ○ ○

Progress today write a short win

Notice any shift choose two daily practices to keep and one weekly practice

Affirmation today

- Arrival breath done
- Practice done
- Journal entry written
- Optional photo done

Paste image or note

